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## Cedars, March 12, 2007

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# EDARS *the green issue*

03.12.07

THE STUDENT NEWSPAPER OF CEDARVILLE UNIVERSITY

VOL. 55 ISS. 9.5

## The Green Issue: *Defined* Of Tissues, Trees, and Calamities

- JOE DUGAN -  
A&E Editor

Thank you for picking up a copy of *Cedars - The Green Issue*.

When our staff sat down to discuss a feature topic for our spring semester capstone issue, we quickly and unanimously arrived at the theme of "wellness."

Wellness is a crucial element of our individual experiences and of our broader community interactions, yet it is one that we often overlook. From our food and cosmetics to our personal training methods and political activism, issues of wellness should factor more prominently into our lifestyles and decision-making.

These eight pages are filled with innovative analyses of relevant topics ranging from fitness and health to environmental concerns. We even spotlight 'movers and shakers' who are keeping it *truly green* in the real world.

We hope you enjoy this special issue. More importantly, we hope these articles and editorials help you as you grapple with wellness-related issues, now and in the future.

Regards,

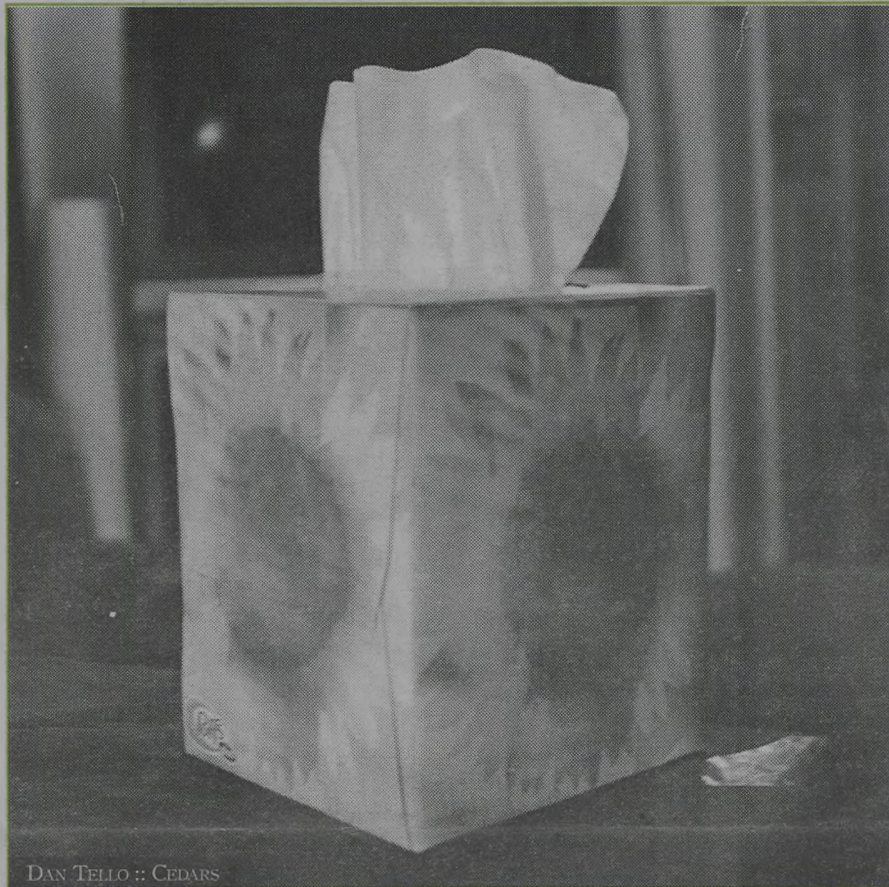
*Joe Dugan*  
*Bethany Sibbitt*  
*Jim Sawin*  
*Ricky Normandeau*

Although many Cedarville students may be unfamiliar with Kimberly-Clark Corporation, all have undoubtedly used their products.

Kimberly-Clark is the maker of Kleenex tissues, Cottonelle toilet paper, and Huggies diapers. The company posted net revenue of \$15.9 billion in 2005.

In the same year, Greenpeace, an international environmental protection organization based out of Vancouver, launched the "Kleercut" campaign to stop Kimberly-Clark's practice of using paper and pulp made from ancient forests, including North America's Boreal forest.

According to Greenpeace, less than 19 percent of the pulp Kimberly-Clark uses for its North American paper products comes from recycled sources. In fact, Kim-



DAN TELLO :: CEDARS

berly-Clark's Web site claims that "Kleenex Facial Tissue is made from 100 per cent virgin fibre and contains no recycled fibre."

Not only does Kimberly-

Clark use the wood from ancient forests for disposable paper products, the company also widely practices "clear-cut" logging, a form of logging in which most or all of

the trees are removed from an area. As a result, local ecosystems are damaged, threatening diverse wildlife including caribou, wolves, eagles, and bears.

In response to the Greenpeace initiative, Kimberly-Clark generated press claiming that the company has a proud history of corporate social responsibility. The company cites its high ranking on the Dow Jones Sustainability Index (DJSI) to support this claim.

However, as Greenpeace observes, the DJSI is extremely unreliable — it is based entirely on information provided by the companies in question, without any kind of validation. Furthermore, environmental issues addressed in the report focus more on

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## Life After the Fitness Center

- JIM SAWIN -  
Sports Editor

Cedarville University's class of 2007 has been spoiled since first setting foot in the meat market: Dr. Bill Brown assumed the role of university president the same year the current senior class began school, male students no longer received demerits for not tucking in their shirts and the Doden Field House was completed to give students a quality environment to workout in.

The university provides one of the finest Fitness Centers in the surrounding area to accommodate students as well as visitors, but what happens once the seniors graduate on May 5? If they desire to exercise after school, where will they do it? Some graduates may stay close to Cedarville but the majority

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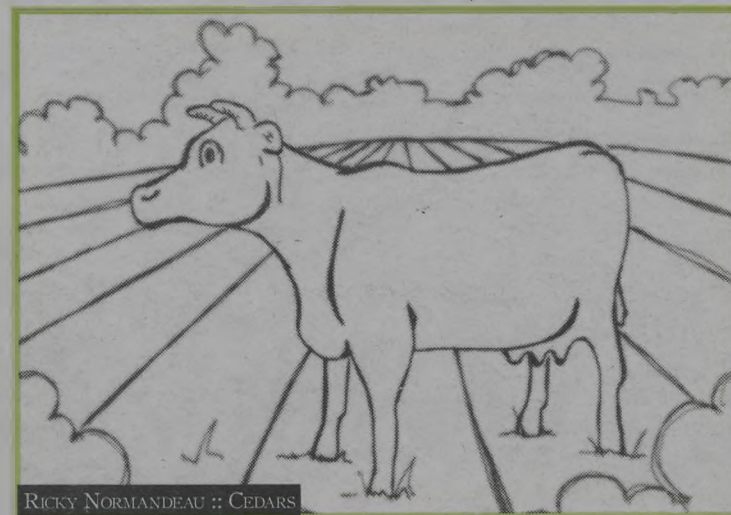
RICKY NORMANDEAU :: CEDARS

## Why Buy the Cow When You Can Get the Milk from a Soybean?

- BETHANY SIBBITT -  
Staff Writer

A new wave of health-conscious individuals has emerged on the collegiate scene. Gone are the days of the feared "freshman 15." Instead, students are more concerned with being able to balance their aerobic workouts with their lifting. This new health-conscious way of life is not always the easiest to achieve, considering that university cuisine often leaves much to be desired.

A rising trend in recent years has been the growing popularity of the organic lifestyle. According to the USDA, foods classified as "organically grown" must not have been cultivated with the use of sewer-sludge fertilizers, most synthetic fertilizers and pesticides, genetic engineering, growth hormones, irradiation, or antibiotics. Organically grown foods include produce, grains, meat, dairy, eggs, and processed food products. The



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advent of the organic movement was spurred by fear that ingesting the aforementioned fertilizers and pesticides may cause severe health problems later on.

While organic foods seem to offer a more healthful and nutritional alternative, adapting to this lifestyle involves several considerations. Organic produce is significantly more expensive. The

increased cost results from the extra care given in the absence of synthetic treatments. For example, farmers banish weeds from a regular crop with a quick application of Round-Up; in an organic crop, they must remove the weeds manually. For the budgeting collegian,

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# CEDARS | The Environment

## Prairie Restoration Project Aims to Revitalize Local Environment

- BETHANY SIBBITT -  
Staff Writer

Ohio has a rich historical heritage; it was the birthplace of the Wright Brothers, and of seven United States presidents. It was also an integral element of the great American prairie.

This last distinction may come as a shock to some. When Cedarville students remark on the Ohio landscape, they usually reference the abundance of farmland and cornfields; rarely do they acknowledge the existence of the prairie. While this oversight is understandable, it ought to be corrected.

Prior to commercial and residential development, the Ohio landscape was marked by extensive prairie land. In an effort to return the area to some of its former pastoral glory, Cedarville University has initiated the Prairie Restoration Project (PRP).

Led by Dr. John Silvius, Senior Professor of Biological Science, the PRP has been actively reintroducing native prairie species of plants and animals to the area since 2000.

The methodology of restoration involves significantly more effort than sowing seeds or watering plants. Each species is carefully selected to rebuild the original



biodiversity of the prairie. Instead of synthetic pesticides, controlled burns are used to enhance prairie-related plant species and to suppress agricultural weeds.

While the process is intense and complex, Silvius does not work alone. Over the past seven years, a number of students have joined the effort. These students see the experience as an invaluable part of their education.

Lizzy Fannon, a senior Biology major, remarked, "Working in the prairie res-

toration has given me a practical, real-life application for the concepts of stewardship and ecology that I have learned."

It is clear that the PRP has far-reaching goals - it aims to improve the quality of life in the Miami Valley and to impact the mindset of the population at large. Silvius and his team see the project as a modern-day fulfillment of the Genesis mandate to cultivate and subdue the land. They hope that their work will give believers an

opportunity to exercise stewardship.

"The majority of Christians are not going to become actively involved in such projects, nor will they become environmentalists," said Michele Mayer, a junior Life Science Education major. "However, we can all do things that would not only be a step towards obeying the command to be stewards of the land, but that would also start to bridge the gap between environmentalists and Christians."

## Ten Innovative Ways To 'Get Your Green On'

- HEIDI CHARLTON -  
Copy Editor

1. Use kitty litter, sand, or ashes for traction on ice instead of salt, which can harm some trees, shrubs, and grasses.
2. Reduce waste by buying rechargeable batteries rather than disposable ones. If you do use disposable batteries, prevent hazardous waste by buying batteries with low mercury content.
3. Plug in to e-Cycling by recycling all your used electronic devices. Televisions, cell phones, and computers can be disposed in ways that limit waste. Contact the manufacturer or donate your used items to organizations like eBay's Rethink Initiative, which "make[s] it easy - and even profitable - to find new users for idle computers and electronics, and responsibly recycle unwanted products."
4. Use your own camera instead of a disposable one to reduce waste while capturing college memories. Consider buying a digital camera so that you can avoid film waste and print only the pictures you want to keep.
5. Don't let your car idle. According to the Environmental Protection Agency, "In cold weather, your car's emission control system takes longer to become fully operational. But idling the car will not help and can increase engine wear. Modern vehicles need little warm-up and are most efficient when being driven."
6. Buy products in concentrate, bulk, or in refillable containers. Many items are available in these sizes because they reduce packaging waste and save you money. Combine waste-reducing practices, such as buying coffee in bulk and storing it in your leftover empty coffee cans.
7. Buy local. According to analysts at TheGreenScene.com, buying locally products "supports people in your own community and keeps money there. It reduces the many costs associated with transportation, including fossil fuel consumption and pollution, often passing the savings along to you." Furthermore, local buying guarantees fresher foods, since food consumed in the United States travels an average 1,400 miles by truck, train, or plane before reaching its destination.
8. Refrain from buying "dry-clean only" clothes. Drying cleaning releases toxic chemicals into the atmosphere that are harmful to the environment.
9. Make sure that your tires are properly inflated. Under-inflated tires make your engine work harder. The National Institute for Automotive Service Excellence says that "every ten days, cars with poorly running engines and under-inflated tires waste 70,000,000 gallons of gas."
10. The EPA includes prescription medicines on a list of household items that would be dangerous if disposed with the regular garbage because they could damage the environment or injure plants and animals. Contact your local pharmacy and inquire about their disposal process for prescription drugs; find out if the manufacturer will take your leftovers, or call your local recycling agency to find out how to safely discard them.

## Local Watershed Activism Reverses the Effects of Pollution

- TIMON REINER -  
Staff Writer

Cedarville lies in the Miami River Watershed, an area spanning southwestern Ohio and part of Indiana where water drains into the Ohio River. The watershed is rich with wildlife and plant variety.

Pollution, agriculture and residential development have threatened the watershed over the years, contaminating waterways, endangering the habitats of native species, and significantly reducing some species' populations.

In the wake of the federal Clean Water Act (1975) and Water Quality Act (1987), new wastewater treatment plants were built and a variety of pollution sources were targeted.

Some endangered fish species, such as the blue sucker, have since reappeared in local rivers. This recovery is indicative of an improvement in water quality.

Several groups are working to continue the progress made with conserving Ohio's environment. One such conservation group, the Audubon Society, has adopted "important bird areas" where it conducts censuses of local species.

"Members also work with local land trusts to permanently protect woods, grasslands and stream corridors from

development through conservation easements," said Liz Woedl, president of Audubon's Miami Valley chapter.

Woedl encourages students to engage in conservation efforts through a variety of measures. "Vote for candidates that support wildlife protection and conservation. Write your legislators and urge ongoing support of conservation programs," she said.

Several organizations work specifically to maintain the environmental integrity of the watershed. "Some of these groups have actually developed watershed action plans that spell out the strategies that each group plans to follow to accomplish



SEE WATERSHED  
PAGE 3



## BY THE NUMBERS

**100,000,000** – Colonial-era wetlands which have been destroyed, according to the Fish and Wildlife Service (*Washington Post*)

**630,000** – Kids who are born in the United States with potentially unsafe levels of blood mercury, due primarily to pollution (Greenpeace)

**373,000** – Trees we could save if every U.S. household replaced just one roll of 1,000 sheet virgin fiber bathroom tissue with 100% recycled tissue (Seventh Generation Co)

**40,000** – Square miles of potential contamination in the event of a nuclear power plant accident (Greenpeace)

**400** – Approximate number of blue whales left after years of unethical whaling (International Whaling Commission)

**90** – Percentage of tiger populations which disappeared in the twentieth century (WWF)

**5** – Percentage of ancient forests which remain in the contiguous United States (U.S. Dept. of Interior)

Compiled By JOE DUGAN

## From The Desk Of...

To: Al Gore  
From: A Concerned Christian  
Date: 2/28/2007  
Re: Ecohysteria

Dear Al Gore,

Yesterday, while listening to Rush Limbaugh, I heard about some of your misconceptions pertaining to the environment. What I heard was extremely troubling: I feel that God is leading me to write a letter to open your eyes.

Your first conflict with biblical truth has to do with your views on oil. In this day and age, it is important to keep in mind that all U.S. efforts should be directed toward fighting terrorists, and thus combating evil. While you may think that oil has little to do with this war on terror, the truth is that when we buy oil from Venezuela and Iran, we are directly funding the efforts of the devil. Instead, we should drill for oil in our own Christian soil and stop supporting al-Qaeda.

Alaska provides a God-honoring alternative. While many tree-huggers disapprove of drilling in Alaska, they are obviously wrong. They claim that the caribou will die if we build a pipeline through the Alaskan tundra -- *au contraire!* First, it has been scientifically proven that the caribou actually enjoy activities such as grazing and mating by the warm oil pipes. Second, wasn't it God who killed a lamb to meet Adam and Eve's need after the fall? If God supports the slaying of animals to meet our needs, we shouldn't hesitate to do the same.

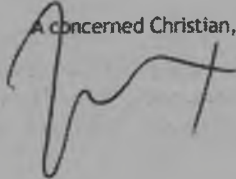
Next, I want to address your "Virgin Earth Challenge." While I think your decision to give \$25 million to a person or organization that protects the environment is an astonishing waste of resources, especially when it could help purchase guns, missiles and trucks for the military, I am more astonished that you would make such an obvious mockery of God's Word. The term "Virgin Earth" sounds dangerously similar to "Virgin Birth" and should be renamed. As Isaiah 57:4 asks, "Whom are you mocking? At whom do you sneer and stick out your tongue? Are you not a brood of rebels, the offspring of liars?" Ask yourself this question, Mr. Gore.

Blasphemy aside, it's important that we understand that protecting the environment is like polishing the brass of a sinking ship. As the apostle John said, "Love not the world, neither the things that are in the world." I am concerned that your environmental policies place too much emphasis on preserving our sin-infested world -- the sinking ship, if you will.

Frankly, God promises to destroy the earth with fire in these last days. Since Israel has reunified and the United Nations has ten security council members, like the ten kings of the apocalypse, we are clearly hanging at the very edge of the Great Tribulation. Soon, Russia will invade Israel from the north, and then the whole planet is toast anyway. So we shouldn't worry about saving the earth; we should worry about saving souls--like yours.

I hope that you will take this advice seriously, Mr. Gore. I am concerned not only for the state of our military, but also for the state of your soul.

A concerned Christian,



## A Case Study in Environmental Abuse

- JOE DUGAN -  
The Current Editor

Bottom trawling—it's no Saturday morning fishing trip.

In spite of overwhelming scientific evidence pointing to the hazardous ecological impacts of bottom trawling, the commercial fishing industry has continued to exploit deep-sea resources with this unethical practice.

According to the Alaska

Marine Conservation Council, bottom trawling involves dragging "large nets weighted with chains, roller or rock-hopper gear across the seafloor to catch groundfish species such as rockfish, cod, and sole." The latter two, of course, are popular served fried or with drawn butter.

Bottom trawling threatens marine ecosystems because the practice tends to kill deep-water life forms, including corals, sponges, and crustaceans. The richly diverse creatures which inhabit deep ocean "seamounts" are particularly at risk.

A 2002 report released by the National Research Council found that bottom trawling significantly reduces habitat complexity and

productivity. For example, the study found that the population levels of the Bristol Bay red king crab have remained unnaturally low for the past 20 years due to bottom trawling.

According to the same survey, 40 metric tons of coldwater corals are taken as "by-catch" by bottom trawlers in the North Pacific each year.

"The dragnets of the trawlers destroy in the space of a few hours pristine ecosystems

that have often taken thousands of years to grow," wrote an editorialist for Japan's leading newspaper, The Yomiuri Shim-bun. "This is ecological vandalism."

Although many nations, including the United States,

prohibit or restrict the practice of bottom trawling in their waters, international waters are mostly unregulated.

In November, a group of nations attempted to pass a U.N.-sponsored moratorium on bottom trawling. The resolution failed; as of February, no conclusive action has been taken to halt destructive trawling on the high seas.

Students wishing to take action should visit [www.greenpeace.org](http://www.greenpeace.org) or call 1-800-326-0959.

**“Bottom trawling threatens marine ecosystems because the practice tends to kill deep water life forms, including corals, sponges, and crustaceans.”**

CONTINUED FROM KIMBERLY ON FRONT PAGE

"eco-efficiency" than on the source of pulp fibers.

Kimberly-Clark claims that their preservation efforts in the Kenogami Forest in Northern Ontario demonstrate a significant commitment to environmental sustainability. Yet, once again, they seem to be twisting the facts: while less than 2.4 percent of the Kenogami Forest is protected from logging, an average of 12 percent of land is typically protected by competing companies.

Even 12 percent seems dismally low, considering the beauty of these ancient woods and the negative environmental impacts of deforestation — but Kimberly Clark's 2.4 percent protection program is absurd.

In direct contrast to their favorable portrayal on the DJSI, Kimberly-Clark is rated most harmful among the tissue giants by the World Wildlife Fund in terms of purchasing, fiber input, and production practices.

If one thing is "clear-cut," it is that Kimberly-Clark is actively violating environmental integrity with unethical business practices and an apparent disregard for the native species that are threatened or killed through the logging of ancient forests.

For more information about the Kleercut campaign and the active fight against Kimberly-Clark's environmental abuse, visit [www.kleercut.net](http://www.kleercut.net) and [www.greenpeace.org](http://www.greenpeace.org).

CONTINUED FROM WATERSHED ON PAGE 2

their goals," said Mike Ekberg of the Miami Conservancy District.

Ekberg suggests several ways for students to help reduce pollution in the Miami Valley waterways. In particular, he recommends student involvement in a local watershed group, the creation of storm water pollution reduction programs at area colleges, and political advocacy for protecting and preserving Ohio's streams.

Miami Conservancy District staff members also emphasize that students can help by changing their habits. Student can "toss trash in proper receptacles so it doesn't end up in our rivers, keep cars tuned up so leaks can't be washed into storm drains or directly into waterways, and not flush unused prescription medications or personal care products."

"Most importantly," they stress, "get outside and enjoy our rivers - bike or hike along them, paddle on them, go fishing, sit down and reflect near them. By so doing, you'll better appreciate what it is you're protecting."

For a list of watershed groups in Ohio, visit [www.ohiowatersheds.osu.edu](http://www.ohiowatersheds.osu.edu).



# CEDARS | Health

## Health Myths: Fact or Fiction?

- EMILY DOOT -  
Staff Writer

*Are these statements rumors or realities?*

### "Chocolate is good for you."

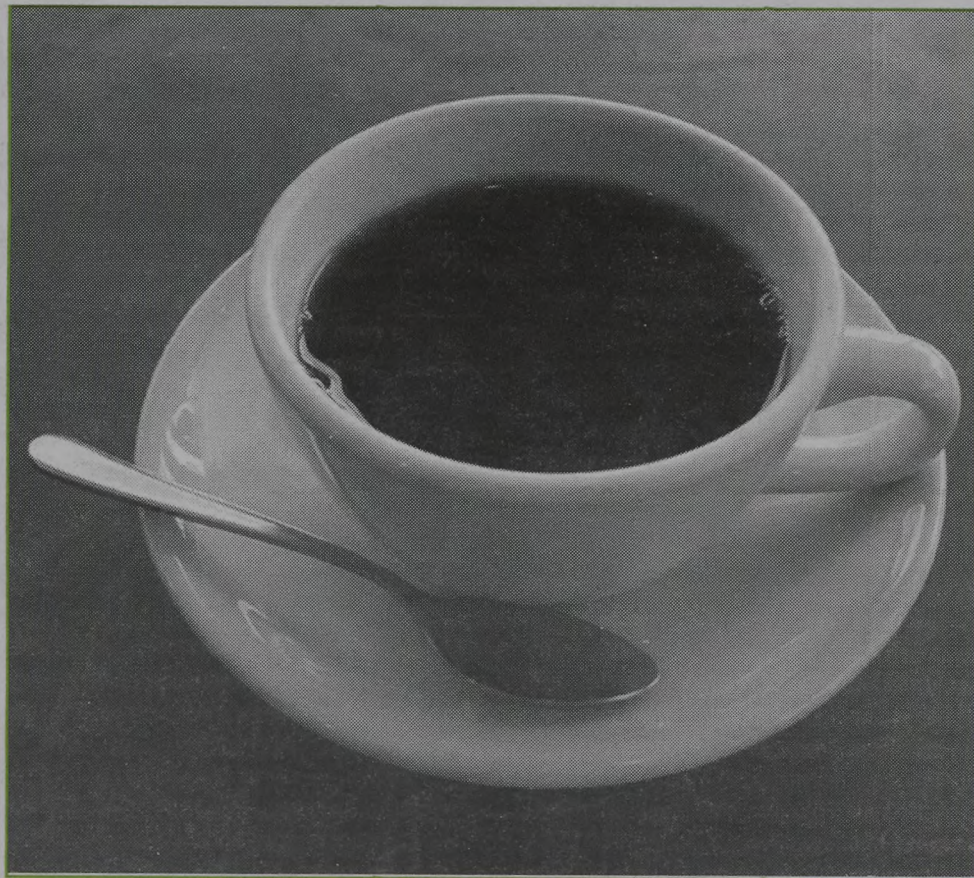
This rumor is actually proving true. According to the Cleveland Clinic, chocolate contains flavonoids, a type of antioxidant that is found in plant-based foods and provides several health benefits. The advantages of chocolate seem to include raising "good" HDL cholesterol and lowering "bad" LDL cholesterol, while also helping to lower blood pressure for those suffering from hypertension, according to healthcastle.com.

However, before you clean the grocery store out of all its chocolate, realize that certain kinds of chocolate are better for you. Typically, the more processed the chocolate, the fewer its health benefits. Strive for the darker varieties containing high amounts of cocoa because cocoa powder is the healthiest variety of chocolate. Chocolate, especially the more processed milk and white chocolate, contains high amounts of sugar and fat, so aim for dark chocolate in moderate amounts. One of my personal favorites is 72 percent Cacao Twilight Delight.

### "Coffee is bad for you."

Being an avid coffee drinker myself, I was pleasantly surprised by this good news about coffee. According to healingdaily.com, coffee is linked with lowering the risks of Parkinson's disease, Type 2 diabetes, and colon cancer. Coffee even seems to elevate mood, alleviate headaches, and reduce the chance of forming cavities. Drinking 1-3 cups of coffee per day seems to diminish these risks by significant percentages.

There are a few precautions to take, however. First, healingdaily.com says to try to drink organic coffee because coffee is usually very heavily sprayed with pesticides, fertilizers, and herbicides. Also, while coffee itself contains hardly any calories, what you put in your coffee (cream, sugar, etc.) can add up. Finally, it is true that coffee affects people differently. For some individuals, coffee can result in nervousness, "jitters" or shakiness,



and a quickened heart rate. Gauge your body's response to coffee so you know how much your own body can tolerate.

### "Eating at night will make you gain weight."

While many blame at least a portion of the "freshman 15" on late-night munchies, Jaqueline Rudis in her article in Main Line Health Library reported, "Recent research has shown that your body doesn't process food differently at different times of the day. The total amount of calories that you take in and how much you exercise during the day are what affect your weight." She does add, however, that many people are more inclined to overeat and go for calorie-dense snacks late at night, contributing to weight gain.

In a similar article from BBC News, Nigel Denby of the British Di-

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## BY THE NUMBERS

**119.9 lbs** - The amount of red meat the average American consumes each year (Plunkett Research, Ltd. 2006).

**400 million** - How many cups of coffee per day Americans consume, making the United States the leading consumer of coffee in the world (www.e-importz.com).

**25-50 million** - The number of cases of flu reported each year (www.fluFacts.com).

**62%** - The percentage of adults not engaging in any vigorous physical activity (www.healthfinder.gov).

**\$5 billion** - The tanning salon industry's yearly revenue (www.tanninginfo-center.com).

**6%** - Number of women who report trouble sleeping at least once a week, compared to 16% of men (www.bettersleep.org).

**12,804** - Number of McDonalds restaurants in the United States alone (http://www.nationmaster.com).

**\$21** - The price of the first nutritional lip gloss made by Tarte. Available at (http://www.sephora.com).

**1825** - The year the first low-carb diet was introduced.

**25.5 billion** - The global market for organic products, with the vast majority of products being consumed in North America and Europe (http://www.ap-foodtechnology.com).

Compiled By BEKAH SHIPPER

## What Makes Up Your Makeup: The Difference Between Name Brand and Generic Products

- SARAH PETERSEN -  
Staff Writer

Many women wonder if high-end makeup is worth its expensive price. Is it possible that the generic brands at the drugstore are just as good?

Mac Cosmetics, a high-end cosmetic company, has an ever-growing eye shadow collection with a current assortment of 164 different shades. Individually, these shadows sell for \$14 at the makeup counter. Mac's shadow can be bought in a quad for \$36, while Wal-Mart offers similarly shaded quads by Maybelline for \$4.89.

So why spend the extra \$30? Junior Nursing major Kim Battista explained her reasoning for sticking with Mac products. "I like the colors better and it stays on my eyes longer," Battista said; "The eye shadow also lasts longer."

Maybelline, however, boasts a "color-cling" formula that promises shades will not budge during the day. Revlon's ColorStay 12 Hour four-color set of eye shadow claims the same staying power at \$6.99.

Ellen Warren, Shopping Advisor columnist for the Chicago Tribune, went to makeup artist Ingrid Grimes Myles in search of a solution to the makeup dilemma. Myles, according to Warren, uses whichever product works best.

For Myles, Maybelline's Great Last mascara (\$4.99) won out over high-end Saks Fifth Avenue's Shu Uemura mascara (\$27). The same was true of Maybelline's Expert Eyes brow pencils (\$3.49 for two) when she tested the product against the

high-end Lancôme brow pencil (\$22).

Myles also liked Sally Hansen Beauty supply eye shadow (99¢) when she compared it with some Mac products. Myles says that whichever brands you choose, how you use the product is what makes the biggest difference. For Myles, "blending is critical to get a professional look."

Makeup artist Sam Fine agrees that drugstores are a great place to find makeup for a much cheaper price. He swears by staples like Wet and Wild bronzer and Maybelline Twin Brow & Eye Pencils.



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According to Myles and Fine, both expensive and generic makeup products contain much of the same ingredients. Most makeup artists encourage users to find what works best for them. If a woman does not feel that her drugstore brand of mascara is doing the trick, try out a high-end alternative, and vice versa.

Amy Babbit, a junior Communications student, found a huge difference in the new mineral makeup versus drugstore foundation. Mineral makeup, particularly Babbit's brand of choice, bareMinerals, is weightless and free of oils, fragrance, and fillers so that it looks natural and does not irritate skin.

"I use bareMinerals, which is substantially more expensive than a more common brand, because of the difference I can see and feel when using it," Babbit said. "The foundation does not wear off as quickly as a store brand, and it feels less cakey and fake." Babbit also says that bareMinerals uses natural ingredients as opposed to most drugstore brands of foundations and powders.

If consumers want one product's list of ingredients to another's, customers should simply take a look at the labels. With most products, the differences will not be great. What it all comes down to is personal preference.

Before spending \$36 or more on eye shadow, go to the makeup counter at the mall to see which colors are best on your particular skin tone. Most demos are free and the makeup artists are more than willing to help.



# Natural Remedies that Heal and Prevent

- ANGELA BACON -  
Staff Writer

Many natural remedies are available to help boost your immune system so you can recover from common illnesses sooner and lessen the chance that you will become ill. These can be purchased easily at most health food stores. Some are also available at normal grocery stores.

It is important to remember that you should consult a physician before you try to combine herbs with antibiotics, as they may not react well with each other. Be sure to pay attention to any warnings on the packaging and to follow all instructions closely.

Elderberry tea is full of vitamin C to help you recover from a sore throat

and congested nose, and can even help reduce vomiting; Alvita makes a good brand of elderberry tea.

Traditional Medicinals produces two teas specifically for colds: Gypsy Cold Care and Cold Care P.M. Gypsy Cold Care is made for daytime use, up to one cup every three hours. Cold Care P.M. is made specifically to relieve congested nighttime breathing and can be drunk in up to two or three cups before bedtime.

All three of these teas are caffeine-free.

Garlic can also boost the immune system, whether you eat pieces of a garlic clove or swallow powdered gar-

lic in capsules. It can also help a sore throat, if you cut a couple of small pieces from a garlic clove and suck on them for an hour or so. The juice will slide down your throat and help relieve pain.

Lemon juice serves as a natural cough syrup. Either squeeze a fresh lemon into water or add water to lemon juice made from a frozen concentrate such as Minute Maid. The lemon-and-water mixture will coat your throat and help stop the coughing.

Esberitox, produced by Enzymatic Therapy, is comes in chewable tablets with a primary ingredient of Echinacea to boost the immune system and help cleanse out a cold.

Emergen-C packets can boost the immune system and provide some energy when you are feeling tired. Emergen-C comes in several different flavors of powder to stir into a few ounces of water. Emergen-C contains vitamins C and B, along with other nutrients.

All of these natural remedies work the best if you also eat healthful foods and get plenty of sleep while you are taking them. If you are congested, avoid grains and dairy products, as they will increase your production of mucus. While you are ill you should eat mainly fruits and vegetables and drink large quantities of water to help your immune system cleanse out germs.



RICKY NORMANDEAU :: CEDARS

## Simple Steps for Healthful Living

- SANDRA SHORTT -  
Adjunct Instructor of Nursing

The core of healthy living is a Spirit-filled walk with God, living the present reality in light of eternity. God's goal is that we become like Christ, bearing His image (Romans 8:29). This relationship is cultivated through prayer, Bible study, fellowship with wise believers, and obedience to the truth the Spirit reveals to us. Without Christ at the core, we risk making various aspects of health idols of our hearts.

Loving God first means faithful stewardship of all He has given us — physical strength and health, relationships, energy, time, money, and opportunities. It is easy to become over-involved in good activities and ministries, to the detriment of the best. Balance in all areas of life is critical for healthy living.

From this core, simple guidelines emerge that are consistent with health research.

First, be careful about what goes into your body and mind. Eat an appropriate amount of calories for your height and lifestyle, and choose foods and beverages rich in nutrients rather than just high in fat, calories, and additives. Phi-

liippians 4:8 provides clear guidelines about what to watch, read, and listen to using our various technologies. Healthy "mind food" builds each of us up, as well as building up other people.

Live in a way that protects the honor and safety of others. God designed us for community rather than for isolation. Cultivate friendships with people of all ages and backgrounds. Seek help when you need it. This guideline includes fastening seat belts, wearing protective gear, and not using alcohol or illicit drugs. Even washing your hands, using hand sanitizer, washing your dishes and sheets regularly, and covering coughs and sneezes are habits that protect your safety and the safety of others. Get the immunizations appropriate for your age.

Accurate information helps you live carefully. Watch out for New Age thinking and for products/authors who promise easy solutions. If it sounds too good to be true, it probably is. Check with the experts on campus, including academic departments, UMS, and the Counseling Center. When using the Internet, check government and non-profit organization websites.

Being healthy is a great way to live!!

## New Products for the Health-minded Person

- KRISTA KOWATCH -  
Staff Writer

The health industry produces new items frequently to keep up with a growing population interested in health. Whether by an innovative twist to a common product or an entirely new invention, health trends thrive in today's culture. Here are a few recent items on the market.

Agel is a recent product directed toward health-conscious people. The name is pronounced like "agile" while the product is "a gel." These small packs of gel contain nutrients, vitamins, and other food supplements.

Agel is made with what is called advanced suspension gel technology. This is a process that takes all-natural nutrients from whole fruits, seaweed, or herbs and puts them in a "pleasing and palatable" gel. The product is in gel form for convenience and also because the gel allows the body to absorb it most easily.

Coming in seven different varieties, Agel can meet the deficiencies of the body by boosting an intake of nutrients. There are Agel gel packs to cover different dietary or physical needs: EXO to get your daily fruit quota, MIN to give a day's worth of vitamins, or OHM to give a burst of energy naturally.

The newest product from Agel is the UMI gel. This is made of seaweed extract but tastes like green apple. Studies are finding more benefits to this type of seaweed almost daily, according to recent research. Antioxidants are at the root of these health advantages.

Today's American diet is largely lacking in whole and balanced nutrients. These gel packs provide the daily fruits, vitamins, and "green leafy" servings that everyone needs but few people actually get.

Another product that is new and gaining popularity is the line of POM Wonderful beverages. Each drink is based on pomegranate extract and sold in either juice or tea form.

Pomegranates are receiving more notice for their high amounts of antioxidants. Antioxidants are important in fighting cancer, besides aiding other basic health.

POM Wonderful Tea contains a pomegranate concentrate blend full of antioxidants. The tea is made from whole-leaves with less caffeine. These teas are packaged in a keepsake glass with POM's logo.

The juices come in five different varieties, one of which is purely pomegranate. Each one is 100 percent juice and rich in antioxidants and potassium.

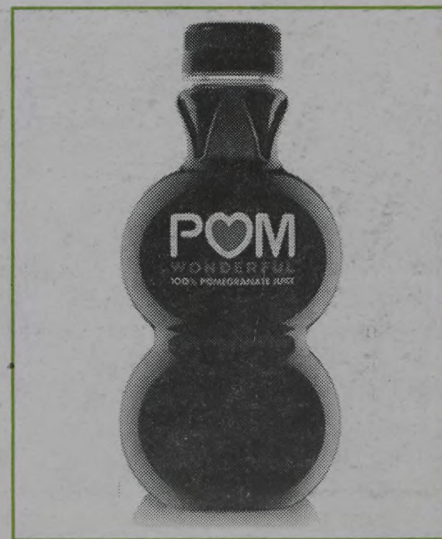
Energy/snack bars update and modify often. KIND is a recent energy/snack bar line that promotes both healthy living and humanitarian efforts. Among natural foods, it is the fastest-growing bar in popularity.

5 percent of the profits of each bar go to a Peaceworks foundation called OneVoice. This organization works to give a voice to Israeli and Palestinian people who desire a more peaceful government and the right to elect officials.

Each bar is all-natural with no added preservatives. Low in carbs but high in fiber, these bars serve as multipurpose snacks.

The bar's ten different varieties are made of dried fruits like banana, coconut, and apricot and are paired with nuts such as macadamia, peanuts, and almonds. The bars are made to provide positive calories between meals.

All three of these brands sell on their websites. KIND bars and POM Wonderful products can be found in many local grocery stores as well.



CONTINUED FROM COW ON FRONT PAGE

the added expense of organic may be problematic.

Those wishing to delve into the organic world can make the switch by using the following tips along with some common sense. Just because something claims to be organic and healthy does not immediately justify an inflated price. Many companies use marketing strategies that are just shy of deceptive, so do your homework or ask a science major. If possible, shop at a farmer's market and buy produce in season. Use technology to your advantage and shop online — GreenPeople.org offers a directory of online organic distributors. If you have committed to going organic, fit that into your budget; this way, a trip to the Organ-O-Mart won't leave a gaping hole in your wallet. Clipping coupons is another quick way to save money.

Deciding to eat organic does not mean you must revolutionize your current dietary habits. Make small, subtle changes at first. Replace some carbohydrates (or that second helping of ice cream) with an organic fruit or vegetable. Katherine DiMatteo, a senior advisor with the Organic Trade Association, suggests choosing "a product or two that you decide you really notice a difference in taste and that really excites you." And for those who cannot completely commit to going organic, generationgreen.org offers helpful suggestions in the article "Fresh Choices: More than 100 Easy Recipes for Pure Food When You Can't Buy 100% Organic."

CONTINUED FROM MYTHS ON PAGE 4

etic Association agrees: "The bottom line is a calorie is a calorie whenever you eat it." Scientists refer to the "eating late at night will make you gain weight" declaration as an "urban myth."

### "Red meat is bad for you."

Steak-lovers, we have good news for you. CBS News reports that, although red meat has indeed been linked with heart disease in the past, beef is around 20 times leaner than it was 10 years ago. Red meat contains nutrients that many vegetarian diets lack, such as iron, protein, and some of the B vitamins.

Instead of cutting red meat out of your diet altogether, CBS suggests picking out lean cuts, like flank steak, top sirloin, and tenderloin. BBC News also argues for red meat: "Some vegetarian dishes contain a lot of fat, whereas red meat can be low in fat if it is lean and all the visible fat has been removed."

### "Naps help improve alertness."

Any college student will be thrilled to hear that this is indeed true. The National Sleep Foundation writes, "While naps do not necessarily make up for inadequate or poor quality nighttime sleep, a short nap of 20-30 minutes can help improve mood, alertness, and performance." They recommend this short nap, because longer naps can tend to leave people groggy and, even worse, interfere with sleep later that night.

Of course, even better than a 30-minute nap is a good night's sleep. James Clark, director of counseling and psychological services at Duke University, said recent research suggests that college students should sleep nine hours per night, according to CBS News.



# CEDARS | Fitness

## Perspectives in Training:

- ANDREA WALKER -  
Staff Writer

## From High School to College

Collegiate softball has proven to be worlds apart from my softball experiences in high school. The



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biggest difference between high school and college softball is the time and commitment put into the off-season. At my high school, the phrase "training program" was not in our vocabulary. Conditioning did not exist, neither did off-season training. Players picked up a softball the day the season started and dropped it the day the season ended.

I was shocked to walk on to Cedarville's softball team and discover that the game of softball would take up much more of my life. Collegiate softball begins in September with a six-week fall season. The fall season assimilates new players onto the team and reveals key areas that

need to be improved by spring.

November through early January marks the official off-season. In high school, "off-season" meant my mind was far from softball. I soon learned, however, that the collegiate off-season simply means no official coaching. Daily practices continue, but instead of batting and fielding they consist of running and lifting weights.

In order to mix things up and have fun while still getting a good work out, the team spends at least one practice per week doing step aerobics or Pilates. We begin regular season practices the second week of January, doing as much as limited time and space allow.

Along with countless other teams, we travel to Florida during spring break to play as many games as possible, which is generally about fourteen. Once the team returns, we jump into the regular season. Conditioning and weight lifting decrease to a maintenance level as practices focus on game scenarios and fine-tuning skills.

The season always flies by, and soon we are at home for the summer. Practice continues even then as we work out on our own in anticipation of the next season. Although the seasons seem to go by faster each year, we hope to build some more memories this year as we train and play the game we love.

## BY THE NUMBERS

**71,000,000** - Number of Americans who claim to be on diets (Plastic Surgery Guide)

**300,000** - Americans who die prematurely each year as a result of being overweight (Earth Policy Institute)

**\$199** - Price of a stamina silence magnetic stationary resistance bike (Pro-Med Products)

**70%** - Children in America with obesity, ages 10-13, are reported to have a this problem persist into their adult years (Department of Health and Senior Services)

**40%** - Amount of Americans who get the recommended amount of daily activity (Mahoning Health)

**4** - Total hours of television 25% of American children consume per day (The President's Council on Physical Fitness and Sports)

**1** - Teens and children need at least one hour of activity per day to be healthy (The President's Council on Physical Fitness and Sports)

Compiled By JIM SAWIN

## Perspectives in Training: Weight Lifting

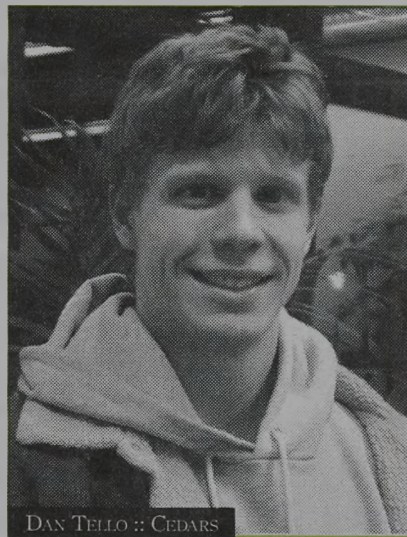
- RYAN SHORT -  
Staff Writer

Twenty-five years ago, fitness alone was adequate for athletic competition. These days fitness is only the foundation for sports enhancement. Athletes are bigger, faster, and stronger than ever. It is no coincidence that the most explosive athletes in every sport are using strength training to maximize their athletic potential.

Basketball is no exception. For the past eight years, I have searched for the ideal strength training to increase speed, agility, power, and explosiveness to increase my ability to play basketball. While I am by no means an expert on the subject, I feel like my experiences have taught me a lot. One thing I have learned over the years is the importance of lower body exercises. Too often, when athletes spend time strength training, they limit themselves to only lifting for the upper body. Pectoralis major and minor muscles have never made anyone jump higher, run faster, or change directions more quickly, no matter how much they can bench press. On the other hand, a few sets of squats combined with some Olympic lifts like power cleans and overhead snatch can, over time, transform a mediocre leaper into an explosive power athlete. These exercises have been a foundation for my personal lifting.

Another technique of lifting that I have learned is that of fatigue lifting. When I first began strength training, I would put some weight on the bar and do an allotted amount of repetitions. However, exercise science classes and interaction with strength training professionals taught me that this style of lifting does not produce maximal strength gains.

For a muscle to maximally hypertrophy, or increase in size and strength, it must be taxed to the



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point of exhaustion. Fatigue or exhaustion is the point where you can no longer lift the weight on the bar and must have a spotter's assistance to finish the current repetition. To make sure I fatigue the muscle, I will often use eccentric contractions, commonly known as "negatives." Negatives are used after the lifter has reached fatigue and are performed by lowering the weight slowly and, after reaching the bottom of the range of motion, assisting the spotter in moving the weight back to the top. Eccentric contractions, performed after reaching failure in the concentric aspect of the repetition, can ensure complete exhaustion of the muscle. In time, the muscle will adapt to the stress by getting bigger and stronger, increasing athletic performance. Such performance enhancement is the widespread trend the sports world has witnessed over the past quarter century.

Before signing any contract, it is important to try out the facility. Do you like the atmosphere, the equipment, the staff? Request a trial membership in case the gym is too crowded when you want to work out, staff members are rude, or they don't have the machines you need.

If exercising is important to you, these are just a few tips that will hopefully make your decisions easier once you graduate. With so many crucial decisions upcoming for the class of 2007, you may opt to take the easy way out and simply not graduate; come back to Cedarville as a "super" senior. With such fine facilities, I wouldn't blame you.

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Cedars, the student newspaper of Cedarville University, has as its goal providing news, information, and viewpoints about our local, national, and global world. Cedars strives to offer accurate information and thoughtful opinions which promote biblical thinking and participation in the communities in which we live.

The opinions expressed in Cedars are held by the individual writers and are not necessarily held by the Cedars staff or by Cedarville University.

CONTINUED FROM LIFE ON FRONT PAGE

will move closer to home, find a job in another state or travel to China to find their soul mate. Assuming most people will not buy their own equipment right after college, joining a health club seems to be the most plausible option for graduates who desire to continue a workout program.

Choosing the right fitness center to join, however, is not a decision to be taken lightly. There are a number of factors one must consider before making the commitment to joining a health club.

In my opinion, proximity is the most important factor. The closer the fitness center is to your residence, the more likely you are to be faithful

to a workout routine. If you have to travel 30 minutes each day after work to your health club, you will eventually find a number of excuses to keep you from going regularly.

Another factor that must be considered is the expense. A person may really enjoy everything about a particular health club, but if they can only afford a \$300 annual membership, it will limit their options. To avoid frustration, I would recommend finding out the cost of the fitness center over the phone before visiting. If you really enjoy the environment and then find out it will cost you \$2,000 per year, you wasted time touring the facilities.



## Global Gallery Supports Fair Trade and Developing Countries

- MICHAEL SHIRZADIAN -  
Staff Writer

"I've been in the business of fair trade for eighteen years," said Mr. Terre Pope, operator of the Yellow Springs Global Gallery, as Domino, his gregarious cat, pounced ever so daintily from the table to the floor.

Founded by a group of churches in 1991, the Global Gallery boasts four fair trade outlets in Ohio, one of which is located in Yellow Springs. The Global Gallery offers a wide variety of environmentally conscious, handcrafted products, such as purses entirely comprised of recycled candy bar wrappers.

As an advocate of the fair trade movement, the Global Gallery focuses on the sale of imports from developing countries at equitable profits to its third world artisans, as well as a strong commitment to environmental sustainability all throughout the world.

"All of the environmental resources we use are easily replenished and non-toxic," explained Pope, later adding, "We have very little plastic, and use no other synthetic material."

Leading a tour through the vibrant store, Pope pointed out the diversity in many of the Gallery's products and the compassion in its supported programs.

"Passion Works" is a program adopted by the Global Gallery in which an artisan works with a physically or cognitively impaired individual to create a unique masterpiece in the form of an earring, necklace, greeting card, etc.

The "Women's Bean Project," as Pope explained, is a program in which low income women are taught the vocational skills needed to be successful in a competitive market by creating, packaging, and shipping bean products to various vendors such as the Global Gallery.

Pope continued to exhibit the Gallery's dedication to environmental conciseness as he pointed to a Didgeridoo, a beautifully crafted wind instrument created by the aborigines. "The aborigines don't like cutting down trees," Pope explained, continuing, "so they wait for the termites to cut the trees down and then remove the termites from the inside to create this instrument."

Pope proceeded to explain that the Global Gallery imports from over 40 developing countries. "We want to bring the world together. The more we understand, the more we tolerate – the more we tolerate, the more we respect."

"The desire to help make the world a better place goes beyond putting food in your own belly," explained Pope, adding, "it makes me feel good about getting up in the morning."

The Cedarville student can easily share in Pope's tolerance, respect and dedication. As a non-profit, volunteer based organization, the Global Gallery is always looking for eager young college students willing to take part in something bigger than themselves by raising awareness of the fair trade movement and environmental protection.

Pope ended passionately, saying, "If I cannot do great things, I will do small things in a great way."

If you are interested in volunteering, contact Terre Pope at (937) 767.1967 or speak with him in person at the Global Gallery, located at 253 Xenia Avenue in Yellow Springs.



JOSH OLMS :: CEDARS

## BY THE NUMBERS

- JENNA MARCUM -  
Viewpoints Editor

6,493 – Orphans adopted from China in 2006 ([www.travel.state.gov](http://www.travel.state.gov)).

86% – Percentage of Namibians living below the poverty line ([www.nationmaster.com](http://www.nationmaster.com)).

370,000 – Number of deaths due to AIDs in South Africa during one average calendar year ([www.nationmaster.com](http://www.nationmaster.com)).

2% – Percentage of the world's coffee supplied by fair trade coffee ([www.pbs.com](http://www.pbs.com)).

\$1 – Cost per day of supporting a child through World Vision ([www.worldvision.com](http://www.worldvision.com)).

15% – Percentage of Americans involved in charity organizations ([www.nationmaster.com](http://www.nationmaster.com)).

90.8% -- Percentage of Nigerians living on under \$2 per day ([www.nationmaster.com](http://www.nationmaster.com)).

Compiled By JENNA MARCUM

## A Look at International Adoption

As I began to think about the movers and shakers of our society today, I couldn't help but think that those involved in international adoption are some of the greatest, due both to their sacrifice and their long-term influence.

It's a course that many of us have considered looking into, especially as we seek ways to make a lasting impact. As the number of children available for adoption in the United States steadily decreases, more and more people are seeking out adoptable orphans in other countries. In fact, one website claims that once a person's homestudy -- a background check and evaluation, of sorts -- has been approved, they are essentially guaranteed that a child will be available for adoption.

However, the thought of international adoption raises many questions. Isn't overseas adoption expensive? Isn't it difficult to get over cultural and linguistic barriers? Isn't the process complicated?

Yes, yes, and yes, but not to the extent that many assume. According to Greg Briggs, a ju-

nior Engineering major who has three adopted younger siblings -- two of whom were born in Ethiopia -- the process is more than worth any hassle involved. "I couldn't imagine life without them," Greg said about his younger siblings, "They bring so much excitement and laughter into our family. I wouldn't think twice about dying for any of them."

To adopt a child from China, it can cost around \$12,000 minus traveling fees, while adopting a child from Russia can be as high as \$22,000 without traveling costs. However, almost all of these fees can be returned by means of federal tax credits, making the process much more affordable. Furthermore, military families are entitled to adoption benefits, many businesses have adoption assistance programs, and many non-profit agencies present much cheaper alternatives.

Cultivating a balance between a child's cultural background and his or her introduction to the new one can be challenging. Many websites recommend that parents make every effort to make the transition easy and comfortable for the child, suggesting in-depth research and language classes, when applicable. In most

cases, potential parents are required to travel to the country from which they are adopting. Doing so is a great step towards understanding the background of the child, but can be very pricey and time consuming, depending on the country.

The adoption process can appear more than a little complicated, especially because each country has vastly different requirements and restrictions for individuals wishing to adopt. However, according to Chrissy Faulkner, Cedarville staff member and international adoption hopeful, agencies are often more than willing to help with the details. Faulkner and her husband hope to adopt an infant Guatemalan girl within the next eight months, and she explained that their agency has come alongside them in order to help with the necessary steps and the required paperwork.

There is such a great need for orphans around the world, and the potential impact on the lives of these children is priceless. As Faulkner said, "We are excited about the whole process, especially knowing that ultimately we are giving this child a life that they might not have known otherwise."

Celebrities Making a Difference:  
Angelina Jolie's Courageous Efforts- DENNIS NANGLE -  
Staff Writer

To some celebrities, their idea of giving back to the community is playing *Jeopardy* or *Hollywood Squares* in hopes of winning money for their selected charity. For others, philanthropy and humanitarian acts mean more than just looking good in the public eye. Celebrities like Angelina Jolie feel a deep responsibility to those in need, and not only donate money but also tailor their lifestyles to this end.

Since Jolie's appointment as a United Nations Goodwill Ambassador in 2001, the actress has traveled to more than 20 countries, meeting with refugees to determine their greatest needs. After film-

ing her movies *Lara Croft: Tomb Raider* in Cambodia and *Beyond Borders* in Ethiopia, Jolie became acutely aware of the need for aid around the world and subsequently changed her lifestyle to better help these struggling people groups.

Unique to Jolie's crusade is the amount of sacrifice she commits to her projects. When most celebrities simply use their famous face to gain awareness of crises around the world, Jolie donates a third of her salary to her varied causes. She received her pilot's license to personally deliver supplies, and, when not able to fly to these countries herself, pays for the flights out of her own pocket.

Even Jolie's family reflects her passion for international aid. Her first two


adopted children, Maddox and Zahara, were adopted from orphanages in Cambodia and Ethiopia, respectively. Her third and only biological daughter, Shiloh, was born in Namibia, where Jolie and father Brad Pitt donated \$300,000 to two nearby state-run hospitals.

Whether you agree with Jolie's decisions regarding her at times tumultuous personal life, it cannot be denied that her efforts as a Goodwill Ambassador are nothing less than selfless and admirable. She told CNN.com that "I owe it to all of [the suffering peoples] to get myself together and stop whining about being tired and get there and get focused, because... it's the least I can do with what they live with."




# VOX POPULI

Name one CREATIVE thing you can do as a college student to actively implement health, wellness, or environmental activism in your day-to-day life.



Reduce, Reuse,  
and RECYCLE!



"As far as wellness goes - I make it a point every morning to smile at people. I'll never give someone a blank stare."

- Sam Roberto: Freshman, Undeclared

## Plight

The apples hung again, each one by hand,  
each one a glob of earth, each one  
a god unmoving


year by year. The Mississippi farmhouse  
crumbling, wet paint in little veins across its skin,  
smells like taunting birth.

Outside he reaches up, he rips the fruit;  
caterpillar fingers, little grubs.  
His swollen hand grips apple flesh.

He lay, his face toward God  
his mealy skin, eyes of mud,  
shedding his withered

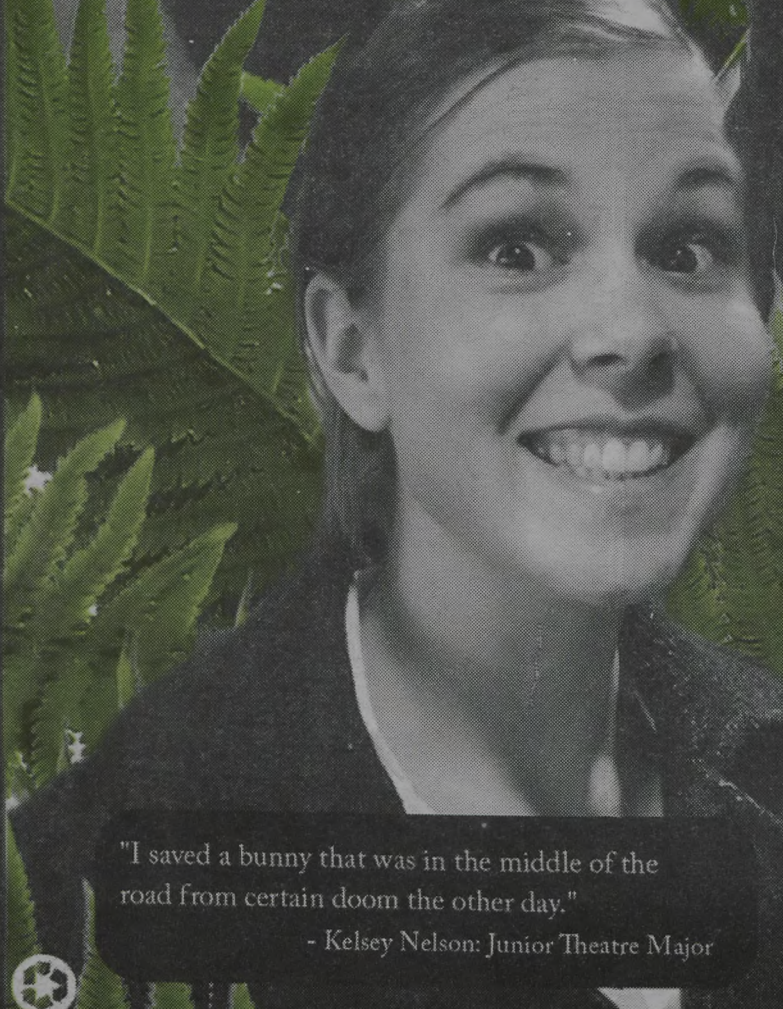
crust. His home, a canopy of worms,  
his bones, the ancient birth, the ancient birch  
beside the water  
roaring, desirous to consume.

~ Justin Keller




"Wash your hands, take the stairs two at a time,  
and recycle your pop cans."

- Brittaney Randolph, Sophomore Middle Childhood  
Education



"I saved a bunny that was in the middle of the  
road from certain doom the other day."

- Kelsey Nelson: Junior Theatre Major



"I do personal training and I teach  
kickboxing and pulse classes."

- Brittany Jackson,  
Junior Comm Studies Major

